

Childbirth Education at Saratoga Hospital

As we resume select in-person childbirth education classes, Saratoga Hospital has implemented the following safety precautions:

1. Each class will be limited to 4 couples and 1 instructor.
2. The classroom space will be reconfigured to account for proper social distancing.
3. All participants will be required to wear a face mask or other face covering.
4. There will be hand sanitizer available in the classroom. We encourage all participants to use it.
5. If possible, plan to complete your in-person course(s) prior to 37 weeks. At that point, our physicians and midwives are asking all expectant mothers to self-isolate.

All participants will have a temperature check prior to entering the building. They will be screened for fever, cough, shortness of breath, and exposure to COVID-19.

Please direct any questions to
communityed@saratogahospital.org